



## PERSONAL TRAINING PACKAGES

Please see my bio page to get to know me!

What I will do for you is provide you with the tools necessary to transform you into what you perceive as the **Best You Ever**. You will be given a personalized training program and nutritional guidance. With some dedication, hard work, and clean eating, it is possible to achieve your fitness and physique goals.

Please take a look at the packages below and pick the one best suited for you. I am always available to answer questions. I'm looking forward to working with you and seeing your dreams realized.

Contact me via email to set up your program.

Email: [jcfitness@rogers.com](mailto:jcfitness@rogers.com)

### PACKAGES:

<b>Package 1:</b>	1 training session	\$85.00
<b>Package 2:</b>	10 training sessions	\$800.00
<b>Package 3:</b>	20 training sessions	\$1,550.00
<b>Package 4:</b>	Online individualized training program and nutritional guidance; monitored for 4 weeks with unlimited email access and responses to questions.	\$200.00
<b>Package 5:</b>	12 Week the <b>Best You Ever</b> transformation (online training includes assessment of weekly photos and percentage of body fat)	\$600.00
<b>Package 6:</b>	Same as Package 5 above, with additional 2 weekly personal workout sessions Free <b>FabPhysiques</b> workout/overnight bag (\$120.00 value) (Greater Toronto Area only)	\$2,460.00